

the newham mag

ISSUE 140
8 March 2008



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Ahead
of the
Games



Page 18
Library
celebrates
anniversary

> **Page 12** Worming your way
to success – Go For It grants





Drop in

...and we'll help you out

If you're thinking of giving up, why not pop down to one of our new 'Stop smoking' drop-in venues?

Get **free** friendly advice and support, plus access to nicotine replacement therapy (gum, patches etc).*

Don't miss out...drop in!

For further information call us now on **0800 0131673** or text **QUIT** to **60155****

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Stratford Broadway
E15 1NG

Saturdays 10am-12pm**

Wednesdays 11:30am-1:30pm***

The Hartley Centre

267 Barking Road
E6 1LB

Saturdays 10am-12pm***

Canning Town & Custom House Regeneration Project Office

20 Freemasons Road
Custom House
E16 3NA

Saturdays 10am-12pm***

* One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.

** Standard text rate applies.

*** Each venue will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

the newham mag



Ever thought about further education and not known where to turn? On page 14 you can read about how Birkbeck College in Stratford, are providing opportunities for residents to return to the classroom, whatever their background.

We have a look at the latest Plant for Life event and revisit community schemes that have benefited from a Go for It grant. Keep your eyes peeled for the next issue for details of the Olympic Torch Relay event.

Anita

On the cover:
Worms at work at Didsbury Environmental Education garden.



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Look out for the next issue from 22 March

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IN BRIEF //

Council responds to Post Office closures

The council invited representatives from the Post Office to a meeting to explain the planned closures and relocations of local post office and sub-post office branches. Mayor Sir Robin Wales is opposed to any change that adversely affects residents and, in a statement, said: "Post offices provide vital support for those who are most in need. We will conduct detailed assessments of the impact on any planned post office relocations or closures and may oppose these to protect the social and economic well-being of our residents."

On your bike

Treat your bike to a free service and work on your cycling skills this Easter weekend at free events organised by the council and Bikeworks. Turn to page 9 to find out more.

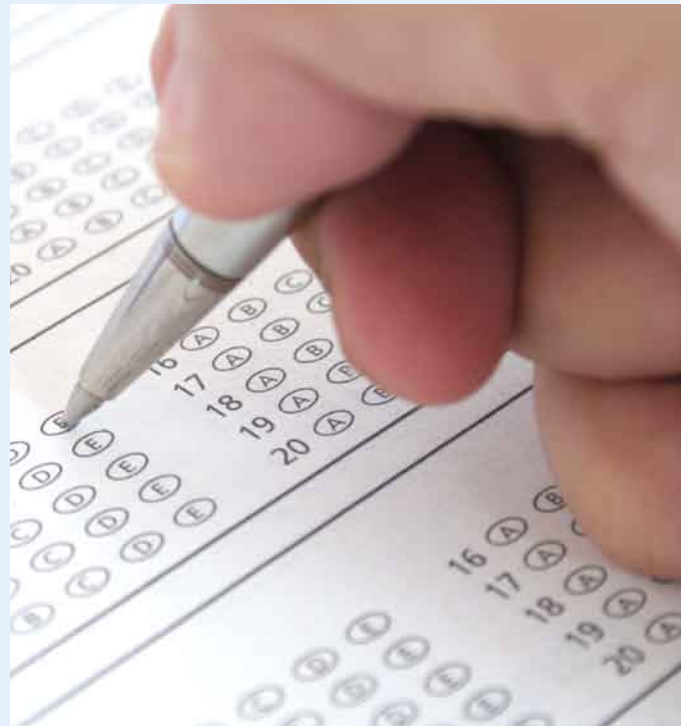
Council hosts Icelandic visitors

Guests from the City Council of Reykjavik, Iceland visited the council to get an idea of good practice in care services. The visitors had a particular interest in services for people with mental health and physical disabilities, supported and sheltered housing and unemployment.

Sigríður Jónsdóttir, research and development manager from Reykjavik City Council, said: "We were impressed with the support available to vulnerable people so that they can live in their homes for as long as possible. The trip has been stimulating and it has been good to talk to people who have direct experience of the services."

Sustained success of secondary students

The results are in: our secondary school students have improved in their Key Stage 3 test results for the fifth year in a row. Kingsford Community School in Beckton and Forest Gate Community School made the biggest leaps in aggregate scores for students achieving level 5 or higher; Kingsford rose 33 points from 180 to 213, while Forest Gate went from 174 to 205 points.



Other Newham schools fared well in value-added results, which demonstrate the progress that children have made from Key Stage 2 (ages ten and 11) to Key Stage 3, a period that covers the transition from primary to secondary school.

Mayor Sir Robin Wales said: "Congratulations to these young people who have worked extremely hard to achieve these results. Thanks also to school staff that provide essential support to students."

Residents first off the mark for Olympic build jobs

The council has signed a deal with the Olympic authorities and other host boroughs to set up a service ensuring that priority is given to our residents for Olympic Park job opportunities.

Residents can access this service at Workplace in Stratford, a recruitment service set up by the council and its partners in May last year, which is opening a second branch in Canning Town in May.

Thousands of construction workers will be needed as the construction programme gets under way on the site and are expected to peak at between 9,000 and 10,000 in 2009/10. In January, 2,275 workers were already working on preparations for the Games, with 18 per cent living in one of the five host boroughs.

Fraudster jailed

Newham council, working together with Immigration authorities, has successfully prosecuted a resident for benefit fraud and immigration offences, resulting in a custodial sentence of 12 months. Investigators were tipped off by anonymous letters alleging that Victor Manuel Villacis Vargas and his wife, now of Herbert Street, were working full-time, claiming benefits and living illegally in the UK.

Upon investigation, it was discovered that the pair were Ecuadorian and using false names, National Insurance numbers and passports. Housing Benefit and Council Tax Benefit had been paid to Mr Villacis Vargas for properties at two addresses, one in Prince Regent Lane, Plaistow, and the other in Chadwin

Road, Plaistow. The total overpayment was more than £17,000.

Council fraud investigators attended the address in Herbert Road unannounced early one Sunday morning. Mr Villacis Vargas and his wife were arrested and taken to the police station where they were interviewed by officers.

Mr Villacis Vargas pleaded guilty to three charges of false accounting at Croydon Crown Court, for which he received twelve months on each count, to run concurrently. He also received twelve months, also to run concurrently, on each of three immigration offences: possession of a false identity document, obtaining leave to remain by deception and using a false instrument.

Council Tax 'lowest' in outer London

The council agreed a Council Tax figure that is believed to be the lowest of all the outer London boroughs.

The full list of increases is:

- Band A – total bill £836.97, up £23.81 (weekly 46p)
- Band B – total bill £976.46, up £27.77 (weekly 53p)
- Band C – total bill £1,115.96, up £31.74 (weekly 61p)
- Band D – total bill £1,255.45, up £35.71 (weekly 69p)
- Band E – total bill £1,534.44, up £43.65 (weekly 84p)
- Band F – total bill £1,813.43, up £51.58 (weekly 99p)
- Band G – total bill £2,092.42, up £59.52 (weekly £1.14)
- Band H – total bill £2,510.90, up £71.42 (weekly £1.37)

The budget prioritises a number of areas for investment including an expansion of the council's Workplace initiative, providing support for those out of work, increasing activities to

keep older people active and more enforcement on crime and anti-social behaviour.

Mayor Sir Robin Wales said: "The fact that we can limit any increase to a

level that can be afforded by residents is due in part to a budget savings programme across the council. We want to redirect money into the areas that people tell us matters to them."



NEWS // IN PICTURES

Well read – anniversary
celebrations at North
Woolwich Library.



NEWS // IN PICTURES

1 Plant for life events are happening across Newham. **2** Young people at the launch of the HEARTS project. **3** Air Football practice at Stratford Park. **4** Six-month-old Jake Mulhern at the balloon release to mark action for mesothelioma day at Newham Town Hall, East Ham.





Mayor's view

with Sir Robin Wales

Getting tough on **enforcement**

I am proud to say that the majority of our residents are hard working, law abiding citizens. The council has a responsibility for prosecuting fly-tippers and making sure people pay their Council Tax and that shops don't sell alcohol to under-18s. Like many of you, I find it unfortunate and unacceptable that there is a small minority of people who don't think the law applies to them. We're determined to get a fair deal for the majority of Newham residents who stick to the rules and care about their area. That's why we crack down hard on those we find flouting the law.

The council and the Metropolitan Police are for the first time working in partnership to carry out a series of dawn raids on the worst Council Tax dodgers. It's not fair on those residents who pay their bills on time for others to get away with it. In January, Idowu Mogaji of Upton Park was given a 40 day suspended sentence for dodging Council Tax, on the condition he paid back the £4,600 he owed.

The sale of alcohol to under-18s is illegal and we are cracking down on this by sending underage council test purchasers to buy alcohol from

various retailers. Earlier this month, Mrs Parvin Ahmed of The Bargain Centre from East Ham, appeared in court for selling two cans of lager to one of our test purchasers and was ordered to pay a £2,500 fine, plus the council's legal costs.

Keeping our streets clean is as important to us as it is to you. Fly-tipping and littering is unpleasant for all of us to see and there is no reason why any of us should have to put up with it. Last year alone, we handed out 186 fixed penalty notices of £80 for littering. People who live and work in this borough should not have to put up with other people's irresponsibility and I am on their side.

Remember we will collect most bulky items free of charge. Just ring 020 8430 2000 to arrange a collection, which is usually made within two days.

Being one of the few elected Mayors, I am directly accountable to you. It's important that I'm open and accessible to any Newham resident. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.





Free Easter cycling events

Newham Council in partnership with Bikeworks is hosting free cycle training and doctor bike service checks to people who live or work in Newham.

Could you do with brushing up on your cycling skills? Is your bike in need of some TLC?

Bike's provided for one-to-one training for you and your family with experienced instructors and/or free maintenance check of your bike.

Suitable for adults and family groups. Participants must wear suitable clothing e.g. trainers and trousers.

**For more information contact
Jim Blakemore (Bikeworks)
on 07968 681633 or
info@bikeworks.org.uk**

Saturday 22 March
Central Park
High Street South
East Ham E6

Sunday 23 March
Stratford Park
West Ham Lane
Stratford E15

9am-5pm
(one hour sessions)



ROAD SAFETY in Newham

Planting event a crowd pleaser

It was bigger and greener than ever before!

A whopping 400 residents turned up to plant a tree and get gardening tips at the Stratford and West Ham Community Forum Plant for Life event, which was held in City of London Corporation West Ham Park.

It was the fifth in a series of free community forum planting events being held in the borough's parks during February and March.

As well as planting 470 trees, participants built 60 nest boxes, made 93 bird feeders, sowed thousands of wildflower seeds, found out how to take part in the park life photography competition and gathered information about environmental groups.

Workshops on wildlife gardening and how to be more environmentally aware were hosted in English, Polish, Portuguese, Lithuanian and Somali.

Resident Rafal Iwanczyk and her son Bruno, 5, were among the 50 people that took part in a language workshop. She said: "They were so interesting and we realised that some of the insects and creatures that we think of as pests are actually good for the garden. Our English is

fine, but we know people who would really benefit from the English courses that were being promoted today, so we'll definitely be spreading the word."

The event was held in partnership with the BBC, Natural England and City of London Corporation, which owns and manages West Ham Park.

Mayor Sir Robin Wales said: "We are very pleased to be working with our partners and so many local people. These events not only help to improve the natural environment, they also enhance communities and increase awareness of the many opportunities available for education, training and employment."

The community forum planting events are part of the year of action for BBC Breathing Places, which encourages everyone to do one thing for nature. For information about the remaining events check out the What's On section.



↑ Nest box building is in full swing



← Bob Smith plants his own oak tree



Sir Robin Wales and Councillor Richard Crawford help Stella Currie find a home for a new tree
↓

PLAISTOW COMMUNITY FORUM



World Food Festival

**it's your borough
play your part**

**DANCE
ACTS AND
PRIZES**

**Saturday
15 March**

12.30 – 4.30pm

Lister Community
School Sports Hall
St Mary's Road E13

Free

Food glorious food!

Savour the tastes of Asia, Africa, the Caribbean and Newham's own East End right in the heart of Plaistow.

This is your chance to sample an array of truly scrumptious and healthy cuisine from around the world – all for free.

This event is supported by Newham Food Access Partnership and Community Food Enterprise.

Get nutrition advice and learn about the five-a-day campaign and Healthy Eating Champions.

Fancy dress competition for young people – come dressed as a fruit or vegetable and be in with the chance to win great prizes.

Roy Churchman and Clare Matheson from UK Food Recycling Ltd



Pedal Power at New City Primary



**On
your
marks,
get set,
Go For
It!**

Participants at an Air Football session in Stratford Park



Last year the council offered people the opportunity to turn their ideas into inspiration for others with the offer of Go For It grants of up to £2,012. Hundreds applied to make a difference and improve the health and wellbeing of their community. The scheme has transformed the dreams of few into the reality of many. Here we take a look back at a handful of groups who have proven that a little money and lots of enthusiasm can go a long way.

New City Primary PTA Saturday Morning Bike Club

New City Primary School has been hit by the cycling bug. The Plaistow school has hosted an active cycling group for pupils and their parents for four years. All pupils are offered cycle training and parents are encouraged to participate and take part in adult cycle training sessions. The club is run by teacher Liz Bowgett, who is often seen ferrying groups of children to the Greenway and down to Thames Barrier Park.

Liz said: "Since we started, the club has gone from strength to strength. Lots of parents get involved and take turns to help out and everyone gets the chance to ride a bike.

"We needed more bikes for the children, so when we heard of the Go For It grant scheme we thought this would be a great opportunity to gain some funding.

"The club has really brought the whole community together and it is great fun!"

"Our grant was approved and we received the funding to buy a range of bikes to suit all ages. The club has really brought the whole community together and it is great fun!"

Air Football

A Go For It grant helped fund a football project that is changing the lives of men and women who are drug or alcohol service users.

Known as Air Football, the weekly sessions use sport as the catalyst for improving participants' self-esteem,

confidence and team building and communication skills.

So far the grant has paid for coaching sessions for around 20 participants who come from all walks of life. The sessions are run by Colm Whitty, at Stratford Park, who has been through the treatment system and has experienced first hand the difficulties associated with rehabilitation. As well as the council, he has secured sponsorship from HSBC, Boots, Fitness First and Umbro. He said: "HSBC gives the group advice about finances, credit ratings and things like how to open a bank account and Boots gives them access to free stop smoking services.

"The group training session is for the community and helps people improve their lives. No one is judged and everyone supports each other – they're no longer isolated, they're part of something."

Football tournaments are regularly held and Colm is busy organising a celebrity football match, which will be held in the summer.

The Didsbury Environmental Education Garden

Developing a sustainable environmental legacy is really important, so when the Newham Community Recycling and UK Food Recycling team spotted a run-down, overgrown area they thought it would make a great educational garden.

The group was awarded a Go For It grant in October which enabled it to raise awareness of recycling and composting – as well as smarten the place up. After clearing the grounds of overgrown bushes and weeds, the lawn, which was previously out of control, has been cut back and is being

maintained to keep it user-friendly.

The site has started composting waste from the borough using bins purchased with the grant money. The real stars behind the scheme are the tiger and brandling worms which were brought in to breakdown food and garden waste, turning it into compost which is distributed to schools and community gardens.

The grant enabled the group to build a large composting shed, which houses composting machines that turn food waste into compost in 14 days. The shed was built using wood panels from a refurbished bowling alley, saving it from landfill.

Clare Matheson, managing director of UK Food Recycling Ltd, said: "We hope that all our actions and planned activities in the garden over the next 12 months will inspire the local community and members of the public into doing their bit for the environment and contributing to Newham's recycling rates."

The garden will be officially opened in May when residents and school children will be invited to visit the scheme.



For more information about grants available from the council visit www.newham.gov.uk or call 020 8430 2433.



Agent of ambition

Changing perceptions is all in a day's work for Patrice Buddington, outreach and widening participation assistant at Birkbeck Stratford. Her job takes her around the borough promoting higher education for hard to reach groups.



Getting young people with little interest in higher education through the doors of the university isn't easy, but Patrice explained why she has no regrets at giving up her dream of teaching.

Bright, enthusiastic and a self-confessed chatterbox, it's easy to see why Patrice is a great advocate for the new home of Birkbeck University of London

in Stratford. Aside from her natural ability to engage you in conversation, she has a real appetite for the role, gained as a Student Ambassador at the University of East London. "I always really wanted to be a teacher," she explains, "but with this job I get all the contact with young people and no marking homework! I'm loving it.

"My work sends me all over the place

– the outreach team regularly goes out and runs open evenings and events, meeting young people and opening their eyes to the various options available. Young people often say to me 'I can't go to university because I've got no A-levels', but they don't need them. That's what Birkbeck Stratford is all about: we're looking for your ability to succeed, which



community and voluntary organisations and the response so far has been fantastic. The team and tries to find inventive solutions to problems, such as providing courses to prepare students for university directly from the local Surestart children's centre. This has proven a big success; the parents are comfortable in their surroundings and childcare is as simple as can be.

“Young people often say to me ‘I can’t go to university because I’ve got no A-levels’, but they don’t need them”

Locating in Stratford was another strategic decision; as Patrice points out: “Newham is the heart of east London and has such good transport links, making it easy for everyone.” Newham is also a very young borough, with the highest proportion of under-24s in England in Wales, at 41 per cent. As well as attracting working parents, Patrice is charged with getting the average age of students down, and she is hitting her targets: “The average age of Birkbeck students has always been in the 30s, but since we started this targeted outreach and branched out into Stratford it has fallen to the early to mid-twenties.

“What makes me really happy is when I meet these young people at an event and they come back to the next one for more information, because we’ve planted that seed in their minds – there’s nothing quite like the feeling that you’ve made a difference to someone’s life.”

can be demonstrated in ways other than what you did at school. Life and work experience can be just as important.

"But don't get me wrong – academic standards at Birkbeck Stratford are high; it's one of London's best universities, especially for research. We also won first place in the UK for student satisfaction last year. But I think that what really makes

us stand out from other institutions is our emphasis on making study accessible through part-time and evening courses that don't interfere with work or benefits – and that is where I step in!"

To attract so-called 'hard to reach' students – working parents or adults with few qualifications – onto courses, Patrice and the outreach team have visited

Meet the outreach team at the Old Town Hall, Stratford, on Wednesday 12 March, from 4-7.30pm, to learn more about Birkbeck Stratford courses on offer, support available and how to apply.





FIGHT CLUB

In April ExCeL will host Seni, a two-day international combat sports show where the best martial art experts will gather to pit against each other in tournaments of the toughest. A 16-year-old from Silvertown is hoping to compete and win a title at the event in the London junior ABA championships. The council will be hosting the Newham Olympic Combat Sport Youth Zone for the second year running.

The punches delivered by Claudio Pallo to the dangling punch bag echo around the arena at Canning Town's Peacock Gym. As if on cue, as the overhead speaker system blasts out a Frankie Goes to Hollywood classic – Two Tribes – and Claudio looks like he is ready to fight.

The slender teen from Britannia Village, Silvertown, looks menacing in his oversized gloves and unrecognisable to the boy that walked in wearing his Footlocker uniform.

Claudio explains that he has been boxing since the age of 13. After abandoning kickboxing lessons in favour of boxing he now trains everyday and is a trailblazer for the prestigious Newham Sports Academy.

A former pupil at Royal Docks School, Claudio has lived in Newham since he arrived here from Angola aged four. For him the most important skill needed for boxing is not strength or speed but, as he explains: "Boxing is not just about taking out your anger it's about control. If you have control you can win your fights but if you lose your control in the ring, you lose your fight." This said, Claudio's punches are like bolts of black lightning and the speed at which they are delivered makes them difficult to track.

Sport has always been a passion for Claudio. He has been a keen runner, and he was in the top 20 of his group in the London Mini Marathon, and a swimmer before settling on boxing. He said: "Sport keeps me out of trouble; it's not the playground it used to be out there. My family supports me a lot and everyone watches my back."

Last year Claudio reached the semi-finals for the London north-east division at the junior ABA championships. He now has his sights on winning a title at this year's Seni event in April and of course the Olympics. "I want to go far. I am aiming for 2012, it's what I want. I've got to take a big step

to do that. I need to push myself to the limit and show people what I can do," he says. In the time between now and 2012 Claudio wants to train hard enough to become a member of the England under-18 team.

Grassroots boxing opportunities

There are four amateur boxing clubs (ABC) in Newham: East Ham ABC, Peacock ABC, Newham ABC and West Ham ABC. West Ham ABC has two boxers, Jack Kerr, who has made it to the national finals of the Clubs for Young People (CYP) championships and is a previous National Golden Gloves Champion, and Billy Morgan reigning Junior ABA National Champion and last seasons CYP champion; both are members of the Newham Sports Academy.

The council has a boxing development officer who helps grassroots development of the sport. Carl Barton has introduced non contact programmes in schools and youth clubs alongside assisting clubs in Newham with their development and achieving Club Mark, a sporting accreditation. To find out more about boxing in Newham contact the sports development team on 020 8430 2484.

Did you know?

Newham has a proud tradition of amateur boxing stretching back to the early 1900s. In 1956 at the Melbourne Olympics an 18-year-old from Canning Town ended Great Britain's 32-year gold medal drought. Terry Spinks MBE beat his Romanian opponent to spark celebrations in his hometown. He remains one of the most recognisable figures in amateur boxing.

Rejoicing and reminiscing at North Woolwich Library



Chris Powling with pupils from Drew Primary School

North Woolwich Library celebrated its first birthday with possibly the liveliest day a library has ever seen! The library, which connects to the local service centre, welcomed several unruly guests through its doors on the special day.

The library, on Pier Parade, offers a huge range of activities for all generations. On the morning of the birthday some children from Drew Primary School, North Woolwich, and their guest speaker, author Chris Powling, were busily ignoring the traditional 'quiet please' rule – one that fortunately doesn't seem to apply at North Woolwich library!

From Newham's youngest to its youngest-at-heart, a local reminiscence group was invited to celebrate the birthday with food, drink and their usual lively banter.

The group meets regularly to talk about North Woolwich as it was many years ago. It was set up by librarian Deborah Peck and her colleagues, with the help of local lady, Joan Plant. Kathy Taylor of North Woolwich Railway Museum has also provided loads of archive photos and interesting artefacts.

Deborah, whose family once settled in North Woolwich, is impressed by the closeness of ties here; she explains: "There's something about the spirit of this community and this place. I've never seen anything like it – people really band together." Some of the talk illustrates this community feeling, such as stories of the whole neighbourhood piling on buses to the beach.

The small, mainly female crowd chat for hours, covering wartime rationing, mixed marriages and old-time recipes. Childhood memories of doorstep sandwiches and playing out all day mingle with those of sharing outdoor loos with rebellious cockerels, eating

powdered egg and the strange ways of adults – and there is always an amusing punchline!

Deborah keeps conversation flowing, but she doesn't need to work too hard; Lotte Lowry, 89, brought her WW2 ID card and ration books, stirring up everyone's memories, while Connie Martin, Sheila Lee and Mary Wilkinson are all cajoled into re-telling hilarious stories for the benefit of newcomers. Quite a few of the stories were too risqué to print here, but may be repeated if you are lucky enough to get to the group one day! Contact 020 8430 5900 for more information on the group – everyone is welcome.



Lotte Lowry, far left, shows her ration book to the group

When was the last time you visited a library? Newham has ten libraries which are all free to join and not just about books. Turn to page 35 for What's On details for library events or pop into your nearest branch.

Holders of the London-wide concessionary travel scheme, known as the Freedom Pass, have until 31 March to renew their tickets.

If you are aged 60 and over and are about to renew your freedom pass, you can do this at the post office in the normal way. If you are about to renew your disabled freedom pass you could be affected by some changes and need to check that you are still eligible.

The national and London-wide rules on Freedom Passes have changed. Unlike other London boroughs, Newham has been issuing passes to disabled people with registered mental health needs or on medical grounds evidenced by a questionnaire from a GP.

The Transport Act 2000 has removed our own discretionary criteria and we have to fall into line with London-wide agreed automatic criteria; Freedom Passes not issued under this criteria will be invalid. Other London boroughs are already operating under these rules.

People affected by the new criteria are:

- > Those who are currently eligible via GP assessments
- > Those on the lower rate mobility component of Disability Living

Allowance and those on the Disability Living Allowance care component (higher and lower rate)

- > Most of those who are eligible on mental health grounds.

Freedom Passes allow people aged 60 or older to travel free on the capital's Tubes, buses, Docklands Light Railway, trams from 9am and on national rail services within London from 9.30am. At weekends there are no time restrictions.

Disabled Freedom Pass holders enjoy 24-hour free travel on buses, trams, the DLR and Tubes. They can also travel free on national rail services within London from 9.30am.

From April, pass holders will also be able to travel free of charge on buses outside the morning peak anywhere in England as part of a national concessionary bus travel scheme.

You will shortly receive a letter from the council, explaining when and where you can apply for your new pass.

For more information, contact any Local Service Centre where staff can give you an application form, guidance notes about criteria and information on how to be reassessed if necessary. You can also visit www.newham.gov.uk or call 020 8430 2000 extension 45318.

If you are aged 60 or over and live permanently in Newham you ARE NOT affected and can apply for or renew a freedom pass at the post office. You need to take:

- > a completed application form, available from the post office
- > one recent passport sized photograph of yourself
- > proof of your name, age and address, such as a passport, birth certificate, driving licence, Council Tax or utility bill or television licence.
- > To renew, or for a new disabled freedom pass, you can apply to the council via your local service centre.



All change for Freedom Passes: are you affected?





WORSHIPPERS WELCOME SCHOOLCHILDREN

From the colourful domes of our Muslim mosques to the stained glass windows of our Christian churches; from the vibrant buzz of our Sikh gurdwara's kitchens to the tranquillity of our Buddhist temples; whether you worship at a Hindu mandir or a Jewish synagogue, Newham's places of worship sit happily alongside each other in this diverse borough. But it's not often that members of our faiths get the opportunity to see what goes on inside the havens of their neighbours' religions. For three years, the council has been offering our schoolchildren and their parents the chance to do just that.

From 10 to 14 March, the council's Standing Advisory Council for Religious Education (SACRE), which advises and

assists schools on worship and religious education, is holding its annual Visit a Place of Worship Week. The week ran for the first time in October 2005 and was such a success that teachers suggested that it become an annual event. Nursery, primary and secondary school pupils are invited to visit some of the borough's sacred buildings and talk to religious leaders and devotees. The events reflect and celebrate the great diversity within the borough and provide a unique opportunity for our young residents to learn about other faiths.

Last year events culminated in a fantastic display at the Credon Centre, in Plaistow, with artwork to illustrate the children's experiences. Pupils,

teachers and parents were joined at the exhibition by faith leaders, councillors and educational leaders from across Newham.

Claire Clinton, the council's RE adviser, is the driving force behind the annual event. She enthused about last year's Visit a Place of Worship Week: "The profile this has given RE within our schools has been brilliant, but even more encouraging is the fact that so many more children are getting the experience of going on a visit and meeting people of faith at their places of worship. Divine inspiration all around!"

If your child is at a participating school, why not see if you can join in the events? Call Claire Clinton on 020 8430 6346 for more information.

One word comes to mind when Angela Askew describes her average day: juggling! Angela is a single parent to son Michael and full-time carer to her mother who lives down the road in Stratford. Angela doesn't feel that the term 'carer' suits her, saying: "I don't think of myself as a carer; she's my mum and I'm taking care of her and that's just how it is."

However you define her, Angela is certainly keeping lots of balls in the air. Dividing her time between her son and mum has become her routine, though she's at the mercy of the last minute upheavals that are all part of a carer's life: "I just deal with things on a day-to-day basis. I never know what's coming from one day to the next."

It's not all hard slog though; Angela has got a lot closer to her mother over the eight years that she has spent looking after her. Friends and family

are close by to pitch in when needed. Angela recognises that she is lucky in this respect; there are plenty of carers in the borough with no family to call on.

For those carers, help is at hand. The council offers short breaks for carers, help around the home, counselling and group support, household items, eg washing machines, and more. Carers could even receive direct payments to, for instance, hire help. To find out whether you qualify, visit your local service centre or contact 020 8430 2000 to arrange an assessment.

There are local carers groups too. Angela has been to events run by Newham Carers United, finding the shared experiences of other carers a real support. She says: "I think it's really nice for others like me, who could be feeling really isolated." To read about upcoming Newham Carers United events turn to page 38 of the What's On section.

Are you a carer?

On 20 March from 10am to 1pm there will be a Newham Carers' Network health event at the Froud Centre, corner of Toronto Avenue and Romford Road, Manor Park. The network works to provide information, advice and support for carers from all communities.

Come and learn how to relax, improve your diet, use aromatherapy oils and improve your fitness. Have a health MOT, try tai chi, have a free healthy snack and lots more!

For more information contact Jackie (Carers Health Worker) on 020 8519 0811 or email jackie@newhamcarers.org.uk

Taking care of carers



Angela Askew, who provides full-time care for her mother

Hospital hygiene is always in the news so on Wednesday 12 March, Newham General Hospital will be opening its doors for a special interactive event from 12.30-5pm to give patients and the public a chance to see what we are doing to improve cleanliness and ensure high standards of infection control.

The event will be centred in St Andrew's Wing, with demonstrations and displays being held throughout the hospital to highlight the importance of hygiene and cleanliness standards. Hospital users can get involved and gain an understanding of what we do and of what they can do to make a difference.

Highlights on the day will include:

- Deep Clean Cinema – this is a screening of a short film produced in the hospital to demonstrate what the deep clean, which has been in the

news recently, is all about and how patients have responded to the clean

- Behind closed doors – visitors will be able to see and experience the different infection control measures and cleaning standards taken when treating a patient in isolation using barrier nursing, compared to a patient nursed in a routine ward environment

- Spotlight on hand hygiene – visitors will be able to see the difference good hand washing makes by trying it out – cover your hands in the UV cream, wash your hands, then see the results
- Keeping it clean – ISS Mediclean, who provide domestic services including cleaning services to both Newham General Hospital and BUPA, will be showing what is on the cleaning trolleys, how the equipment is used and how quality is checked

- Infection control, now and then – a display showing the changing face of infection control. This display will be available throughout the week in Health Central, Zone 6
- Which bin? – visitors will find out what different types of bins are provided in the hospital and why it is important to use them correctly.

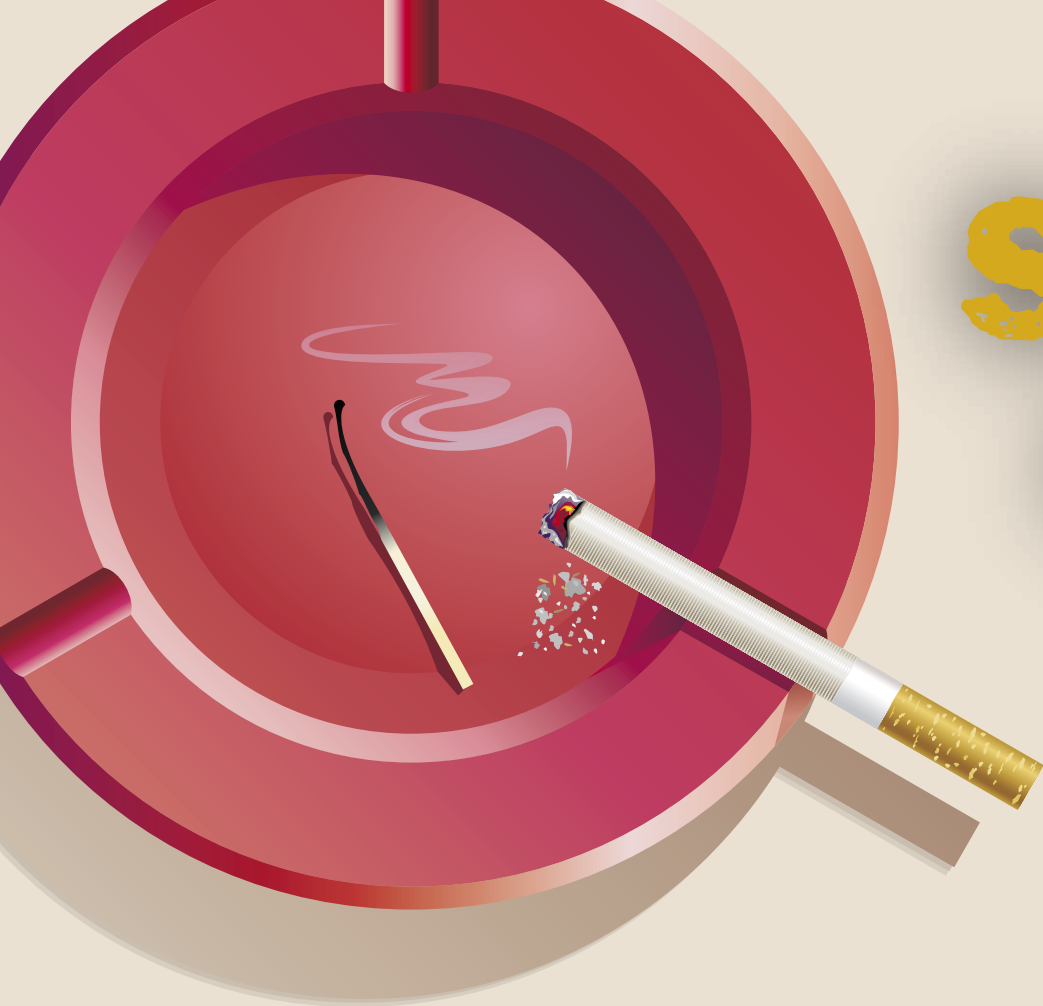
This is an opportunity for everyone to get involved with a wide range of activities, freebies, quizzes and competitions throughout the day.

**Newham General Hospital is at
Glen Road, Plaistow, London E13 8SL.**
All are welcome to attend the free event on 12 March.

Hands up for hospital hygiene

Do you know how much is in your hands?





Smoke signal

12 March is national No Smoking Day. If you are thinking of quitting there are lots of ways the Primary Care Trust and Newham Stop Smoking Service can help.

Information sessions will be held up to and beyond No Smoking Day. At each session you can expect information about how to help you stop smoking, free carbon monoxide readings and referrals to your nearest stop smoking advisor.

Tuesday 4 and Thursday 6 March

- > QUIT's young people's advisor will have a stand at Stratford College, Welfare Road, for their Health and Well Being event

Wednesday 5 March

- > Newham Stop Smoking Service will be at Upton Park and Plaistow Tube stations distributing leaflets and support advice from 12 midday until 7pm
- > Newham Stop Smoking Service will have a stand in Newham University Hospital, Glen Road, Plaistow, from 9am to 12.30pm and then at the Newham Centre for Mental Health from 1pm to 4.30pm

Saturday 8 March

- > HealthWorks will have a stand at a

community health event celebrating International Women's Day to encourage women to sign up to the SmokeFree Homes and Cars pledge at the Old Town Hall, Stratford

Wednesday 12 March

- > Newham Stop Smoking Service's oral health van will be in High Street North, East Ham (outside Primark) from 10am to 5pm. There will be 'aging software' which can digitally age the face of a smoker by 20 years. The council's HealthWorks team will join the PCT at this event and encourage residents to take the SmokeFree Homes and Cars pledge
- > Newham Stop Smoking Service will have a stand in Meridian Square, Stratford, from 11am to 6pm
- > ASDA in Beckton will be holding an in-house promotion with their four trained stop smoking advisors, with lots of freebies available
- > Jetsol Pharmacy, Star Lane, Canning Town, will have an in-house promotion with their three trained stop Smoking advisors, who will distributing freebies

- > QUIT's young people's advisor and Newham Stop Smoking Service will have a stand at Newham College, High Street South, East Ham, from 10am until 3pm

Thursday 13 March

- > Newham Stop Smoking Service will have a stand outside Zum Zums on Green Street, Upton Park

Monday 17 March

- > HealthWorks will host an event with Mayor Sir Robin Wales for all residents that signed up to the Smoke Free Homes and Car Pledge at Newham Town Hall, East Ham (invited guests only)

If you can't make any of these sessions but want free stop smoking advice call freephone 0800 0131673 or text quit to 60155

Vibrant powder paint fights, flirting in abundance and the arrival of spring – Holi is the liveliest of all Hindu celebrations.

Usually falling in February or March, Holi marks the beginning of a new season and is a celebration of life. It is a time where distinctions like class, creed, colour and race, age and gender are set aside – all are equal and no one is spared the colourful shenanigans. Although some families hold religious ceremonies, for most Holi is more a time for fun than religious observance.

In India, people celebrate the festival

with great enthusiasm, smearing each other with powder paint and drenching participants with coloured water – all in the spirit of celebration.

Many believe that the origin of Holi derives from the god Krishna, who was very mischievous as a young boy and threw coloured water over the milkmaids he grew up with. This developed into the practical jokes and games of Holi. Others observe the festival referencing the legend of Prahlad and Holika. Prahlad was the son of King Hiranyakashyapu, who wanted everyone in his kingdom to worship him. Prahlad refused to do this

and worshipped Lord Vishnu instead. The king's sister Holika, who was supposed to be immune to fire, tricked her nephew Prahlad into sitting on her lap in a bonfire in an attempt to kill him. However, because she was using her powers for evil, the plan failed and Prahlad emerged from the fire unharmed, while Holika was devoured by the flames. This event is seen to symbolise good overcoming evil and is why traditionally bonfires are lit at Holi. In some parts of India effigies of Holika are burnt on the fire; ashes from Holi bonfires are thought to bring good luck.

HAPPY HOLI



Expert help getting the job you want **Talk to us.**

Workplace are hosting a range of courses starting this Spring. From courses to help you find work such as job search, CV writing and interview skills, to industry specific courses in construction, security, customer service, First Aid and Food & Hygiene, aimed to give you the skills that employers really want. Courses range from one hour, one day or longer depending on the subject. Drop into Workplace between 10am and 4pm to find out more.

Why not visit us or call us to find out more.

Workplace
Boardman House
64 Broadway
Stratford
London E15 1NT

workplace

Creating a better future



To make an appointment call

Tel: 020 8430 4331

www.newhamworkplace.co.uk



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Are you ready to make a difference?

Inclusion and Support Worker (Bangladeshi Community)

Tower Hamlets Branch

£24,024 - £25,419 pa 35 hours

In this new pilot project you will promote understanding and awareness of dementia in the Bangladeshi community in Tower Hamlets and provide support to people with dementia and their carers. You will need an understanding of dementia, excellent presentation and communication skills and a background in working with vulnerable people (either in a paid or unpaid capacity). Ability to communicate in Bengali and Sylheti is essential. This is initially an 18 month contract, with the possibility of extension.

Interested? For more information and an application pack please call 020 7480 9020, visit www.alzheimers.org.uk/jobs or email towerhamlets@alzheimers.org.uk

Closing date: 19th March. Interview date: 28th March. Language test date: 31st March. This role will be subject to enhanced CRB check.

alzheimers.org.uk/jobs

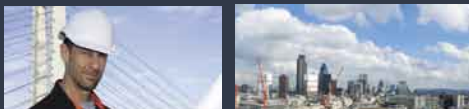
Registered charity no 296645.
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**Alzheimer's
Society**

Leading the
fight against
dementia

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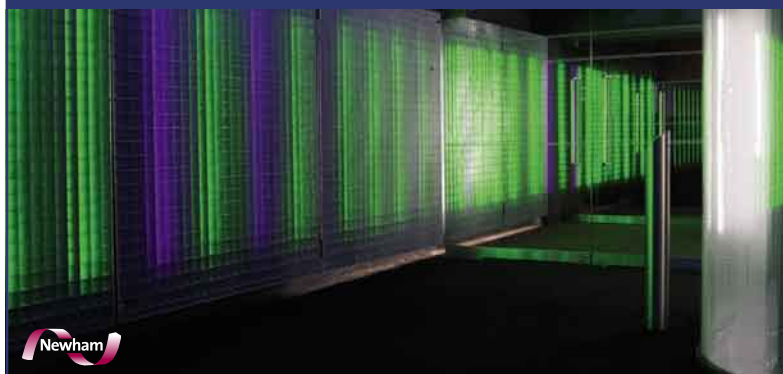
- Build a qualified workforce to attract more business
- Accredit your employees' skills
- Save time and money!

Training lasts for 1 day and can take place at a time and venue of your choice.

To find out more, call **0845 650 42 44** and quote 'Construction Works', or email constructionworks@newham.ac.uk



Training & Conference Facilities:



Newham's Professional Development Centre to hire for meetings, training, seminars & events.*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

CREDON CENTRE

0208 430 5943 www.npd.newham.gov.uk

Newham **NHS**
Primary Care Trust

Board Meeting

2 p.m. on Tuesday 18th March 2008
in: The Conference Rooms, Warehouse K, 2 Western Gateway, Royal Victoria Dock, London E16 1DR.

All members of the public are welcome to attend

Discussion at the meeting will include the trust's Operating Plan for 2008/09. If you are interested in this or other health-related topics, please come and join us.

Meeting room is accessible to disabled people.

Bus Routes: 147, 241, 325
(alight at Custom House/Freemasons Road)
Docklands Light Railway: Custom House (2 minute walk)

For more information about the meeting, or to request sign language interpreters or large print papers, call:
The Communications Team at
Newham PCTon 020 8586 6329



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For more information call us now on **0845 650 42 44** quote **JOBLINK** or email info@cipsonline.com





PUBLIC NOTICE

Initial Demolition Notice: Suspension of Right to Buy (‘The Notice’) Schedule 5A of the Housing Act 1985

17b Atherton Road, London E7, 75a and 75b Boleyn Road, London E7, 105a and 105b, Earlham Grove, London E7, 165 and 165b Earlham Grove, London E7, 6a and 6b Ismailia Road, London E7, 36 and 36a Norwich Road, London E7, 13(low) and 13(up) Osborne Road, London E7, 170(down) Osborne Road, London E7, 64(up) and 64(down) St. Georges Road London E7, 29 and 29a Warwick Road, E15, 19 and 19a Wyatt Road, E7.

Intention to Demolish

We, London Borough of Newham (‘The Council’), intend to demolish flats: 17b Atherton Road, London E7, 75a and 75b Boleyn Road, London E7, 105a and 105b Earlham Grove, London E7, 165 and 165b Earlham Grove, London E7, 6a and 6b Ismailia Road, London E7, 36 and 36a Norwich Road, London E7, 13(low) and 13(up) Osborne Road, London E7, 170(down) Osborne Road, London E7, 64(up) and 64(down) St. Georges Road, London E7, 29 and 29a Warwick Road, E15, 19 and 19a Wyatt Road, E7 in accordance with the provisions of Schedule 5A para.2 (2) of the Housing Act 1985 as amended by the Housing Act 2004 (the ‘Act’).

Reasons for Demolition

The Council intends to demolish the flats so that the houses in which they are contained can be reconverted into large family houses for social rent. The Council has a shortage of affordable large family houses for social rent and intends to reconvert the flats so that they can be used to house large families. It is intended to carry out the reversion as part of the Forest Gate PFI scheme.

Proposed Demolition Period

The Demolition will be carried out within the period 13th March 2008 – 12th March 2013

Date by which the Initial Demolition Notice shall no longer have effect

Each Initial Demolition Notice in respect of the relevant premises will cease to be in force on 13th March 2013 unless revoked or otherwise terminated under provisions of the Housing Act 1985.

Effect of the Initial Demolition Notice

During the period of validity of any such Notice or Notices, London Borough of Newham will not be under any obligation to make a freehold transfer or lease in respect of any claim to exercise the Right to Buy in respect of any of the above flats.

Right to Compensation

Section 138C of the Act confers a right to compensation in respect of certain expenditure in respect of any existing ‘right to buy’ application.

Further information about this Notice is obtainable from: Ms. Jackie Belton, Head of Housing and Public Protection. Please call 020 8430 2000.

Signed: 

Dated : 29th February 2008

Jackie Belton, Head of Housing and Public Protection

NEWHAM

>> IN FOCUS



Beautifying the borough



Residents in the roads around Brampton Park have the chance to win a flower-filled hanging basket as part of a scheme to get people to improve their front gardens and help make their street clean and beautiful.

The idea for the scheme, known as Beauty in the Borough, came from residents who approached their East Ham South councillors saying they wanted to do more to improve their area.

Residents and members of the Safer Neighbourhoods Team joined together with Councillors Kevin Jenkins and Lakmini Shah at a clean up day, spring cleaning the area by removing rubbish from people's front gardens and bulky items and litter from the streets.

Trees have been planted in Masterman and Sandford roads and at Brampton Primary School. Lamp posts and signs will be repainted in spring.

Cllr Jenkins said: "There was a good turnout of residents, all keen to help out. Together we managed to make a real difference to the area and hopefully encourage people to maintain the work we have started."

If you live in Masterman, Sandford, Brampton, Marlow, Hollington, Mortimer, Monmouth or Melford road and want to win a flower-filled hanging basket send your name and address to Vicky Sugars, Member Services, Newham Town Hall, E6 2RP or e mail vicky.sugars@newham.gov.uk

Forest Gate residents reveal victory arch



Flash back to last year's installation – the history pavilion

All are welcome to attend an evening of history, art, food and music hosted by the Woodgrange Society and Residents' Association (WSRA).

On Saturday 22 March international artist Tom Ellis and local historian Lloyd Jeans will be unveiling a victory arch art installation at BB's East London Dance Club, 53 Hampton Road, **FOREST GATE**.

Last year Ellis and Jeans created a History Pavilion at the Forest Gate Festival celebrating the launch of a project in collaboration with WSRA, to compile a history of the Woodgrange Estate. Following the unveiling, The Mike Edmonds Trio will perform at BB's.

The event is sponsored by Councillor Kay Scoresby and has been aided with a Go For It grant. Tickets are priced at £3, which includes entry, food and entertainment. Call Lloyd Jeans on 020 8534 5972 for more information.

In the last issue we featured the winning entry from the Newham.com photography competition. Here is the man behind the camera, 17 year-old Jason Flanagan from Forest Gate. Jason won an i-Pod Touch. Newham.com is the new website that brings you all you need to know about your borough. Visit the site for a fresh look at Newham.



Kingsford School awarded for its global vision



George Alagiah presents Head Joan Deslandes with the award

Representatives from Kingsford Community School, **BECKTON**, were presented with the International School Award at an awards ceremony in central London. The award, given by the BBC's George Alagiah, recognises the international flavour to the school's curriculum

as well as its work within the borough. Staff and students are involved in curriculum projects with China, France, Kenya, Ghana, Norway, Spain and Jamaica, among others. The school is the first secondary in Newham to get the award.



Pupils from Curwen primary school with BMX Champion Shanaze Reade

Newham school wins Olympic design competition

At a ceremony at the Design Museum in Shad Thames, Curwen Primary School from **PLAISTOW** was awarded first prize in a national schools' competition to design a dream Olympic cycling venue.

The VeloDream competition asked schoolchildren aged five-16 to design their own dream VeloPark to host the cycling sports of a future Games. Shortlisted pupils had a tour of the Olympic Park, went to the O2 Centre for dinner, met top athletes at the indoor athletics centre at Picketts Lock and went on a Thames boat tour.

The school will be working with the London 2012 VeloPark design team to help design part of the VeloPark building in the Olympic Park.



BUILDING SKILLS FOR DISABLED PEOPLE



ConstructionSkills and Newco Employment and Training are launching NET Ambitions, a ground-breaking new project aimed at getting disabled people into the construction industry – with 50 members already signed up.

NET Ambitions offers training, work placements and support to those with disabilities and long-term health conditions and aims to challenge the misconceptions that hamper disabled people in the industry. They will set up practical site-based work placements with the support of some of our best known construction companies, including Bovis Lend Lease.

NET Ambitions is open to anyone with a disability or health condition who would like to work in the construction industry, particularly anyone who may have been injured or developed health problems in construction and would now like to retrain.

For more information contact Tina Waters on 020 8430 4460 or 020 8430 4299 or email tina.waters@newham.gov.uk

School holiday score

An afternoon of five-a-side football action in **CUSTOM HOUSE AND CANNING TOWN** helped 150 young people kick away school holiday boredom.

The free half-term tournament was hosted by the area's community forum and took place at Fords Park.

At the end of the day the scoreboard saw Real M Kids win the eight-11 age group and Team Pro scoop the 12-14 category. Canning Town United was victorious in the 15-18 competition.

Senior lead member for Custom House and Canning Town Councillor Paul Schafer said: "There was some superb football played and a great degree of enthusiasm from the youngsters. The park was packed – it was a brilliant event to bring our community together."

Action off the pitch was equally exciting with Fords Park also welcoming Dame Kelly Holmes to launch a new sports container. Check out the full story and photos on page 34.

Cllr Paul Schafer joins Real M Kids in celebrating their win in the eight to 11 age group





Ever been in a police cell?

The Newham Independent Custody Visitors' Panel is looking for volunteers to visit police stations unannounced every week to check on the conditions and treatment of people detained in police custody, speak to them and then complete a report form.

Independent Custody Visitors provide reassurance to the community that detainees are treated fairly, regardless of their circumstances.

If you could fulfil this vital role and are over 18 contact freephone 0808 100 1036 or email icvrecruitment@mpa.gov.uk
 You will receive full training.

Carers wanted to help us plan services

The council would like to hear from carers supporting disabled people. We are offering free training to enable you to work as a self-employed community planner for the council. You would be helping to plan and organise support for people with a variety of disabilities. You do not need to have previous experience of social services or professional qualifications, just good links with your community, a "can do" attitude to life and an ability to provide the service for people living in the borough, including meeting the needs of the diverse languages spoken here.

To find out more about this exciting opportunity please contact Denise, Kelly or Jacqui in the Community Involvement Team on 020 8250 7538 or 020 8250 7539.

Community lead councillor for Plaistow, Zulfiqar Ali, congratulates Forest Gate School's futsal team



Forest Gate School kicked their way to victory in Newham's futsal African Cup of Nations held at Newham Leisure Centre in **PLAISTOW**.

Futsal is a Brazilian version of five-a-side football, which is taking off across England. It is played indoors using a smaller, heavier ball than football and is fast and skillful.

After a series of competitions teams from Eastlea, Royal Docks, Rokeby, Little Ilford and Forest Gate schools battled it out in the finals.

Each team represented a country that featured in the finals.

After a hard-fought battle Forest Gate School, representing Guinea, defeated

Forest Gate fires at futsal

Cumberland School, playing for Cameroon, 2-1 on penalties.

Community lead councillor for Plaistow, Zulfiqar Ali, supported teams at the final and said: "This is a great way to prepare our youngsters for the biggest Olympic challenge in 2012. Tremendous passion was shown by the young people and I hope this effort will result in great community and sporting pride."

A new junior futsal league will start this month at Royal Docks School for anyone under 13. To find out more contact Abul Hussain on 020 8430 2484 or email abul.hussain@newham.gov.uk

GET FIGHTING FIT AT NEWHAM LEISURE CENTRE

The local Army Careers Information Office (ACIO) is holding free running and strength training sessions every Thursday at Newham Leisure Centre, Prince Regent Lane, **PLAISTOW**. Every week around 15 to 25 local residents from a range of ages attend the sessions between 5 and 6.15pm to be put through their paces by Army trainers. Some are aiming to raise their fitness levels in order to pass Army entrance fitness tests, whilst others are simply trying to improve their fitness. Come along any Thursday evening to find out more or contact the leisure centre on 020 7511 4477.

NuSound radio reaches one year milestone



NuSound radio, a Newham based community radio station broadcasting on 92FM will celebrate their first anniversary this month. Based in **FOREST GATE**, the team broadcast twenty-four hours a day, seven days a week in eight languages: English, Hindi, Punjabi, Gujarati, Urdu, Bengali, Tamil and Pashto.

The crew is looking for people to feature in their community hour programme, which is broadcast on weekdays between 11am and 12pm. Whether you're a resident expressing a view or concern, organising an event,

promoting health and wellbeing, offering a service or advice, accessing information or setting up your own business, they would like to hear from you.

NuSound is also seeking brand new talent and fresh voices within the music world. A new programme called Movies and Music has been introduced to Sundays. Anyone in Newham who has produced music is invited to bring their sound to NuSound listeners. All music must be original. Email the team at nutalent@nusoundradio.com

New London Orchestra Gala Concert

On Wednesday 19 March, Cadogan Hall will host the New London Orchestra 20th Birthday Gala Concert, an evening celebrating the career of what has been called the capital's most adventurous and innovative chamber orchestra. Last year, as part of the "Newham Welcomes the World" 2007 to 2012 series, more than 400 Newham-based performers wrote and performed music relating to life in East London such as the Olympics, Eurostar – that was performed at the ExCeL centre on the docks.

The orchestra is offering Newham residents the chance to buy two tickets for the price of one. Call 020 7730 4500 for tickets, quoting: 'Newham residents 2 for 1 offer'. Tickets cost £25/£15; concessions £10 (students, children).

COMMUNITY FORUM BADMINTON A HIT

Shuttlecocks were in full flight when 36 people took to the court in the final of the inter-community forum badminton challenge.

After 250 people competed in heats in each forum area, the borough's best players headed to Newham Leisure Centre, **PLAISTOW**, to battle it out for the winning titles.

The adults men's competition was won by Kiron Zaman of **CUSTOM HOUSE AND CANNING TOWN**, while Balpreet Chager of **BECKTON** won the women's title.

In the eight to 11 age group, Beckton's James Ross was victorious and in the 12 to 15 category, the winner was Roshan Rajoria of **PLAISTOW**.

Young Mayor Zuhayb Ahmed attended the final and said: "It was brilliant to see such enthusiasm amongst the participants. Competitions like these are great for promoting physical activity as well as boosting community spirit."

Winner of the women's competition, 17-year-old Balpreet Chager defeated Deborah Le of Stratford by two points in a nail-biting final. She said: "It was a good competition and nice to see so many people interested in the sport. It was

absolutely amazing to get the rush I felt when I won."

The final was a fun day out for the whole family, with more than 200 spectators taking time out from cheering to enjoy free entertainment, sports activities and refreshments.



Balpreet Chager smashed her way to victory in the women's competition



Partnership manager for GLL Gareth Kirk, Councillor Pat Holland, Newham Young Mayor Zuhayb Ahmed and Badminton England director Eric Brown congratulate the winners

Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, NEWHAM TOWN HALL,
EAST HAM E6 2RP**

Gallery



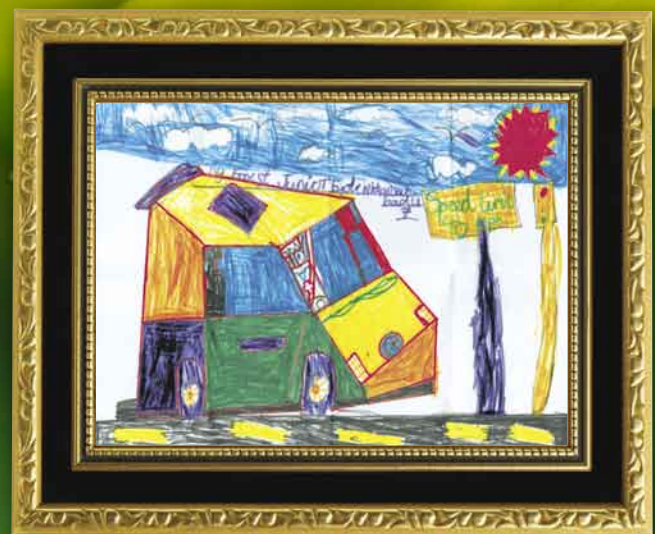
Jenuyaa Nkanasah-Badu, 9



Henry Kamwenje



Khama Kamwenje, 7



Ernest Junior Eyole Nkanasah-Badu, 7

Poem

In my school dinner hall I can see
bright lilac walls, folding grey tables
with colourful round stools.

Fat yummy fish fingers, hot boiled
vegetables, shiny green beans and
golden roast chicken.

There are lots of sounds in the school dinner hall.
You can hear dinner ladies yelling at children, chips
frying in a pan, children chewing and talking.

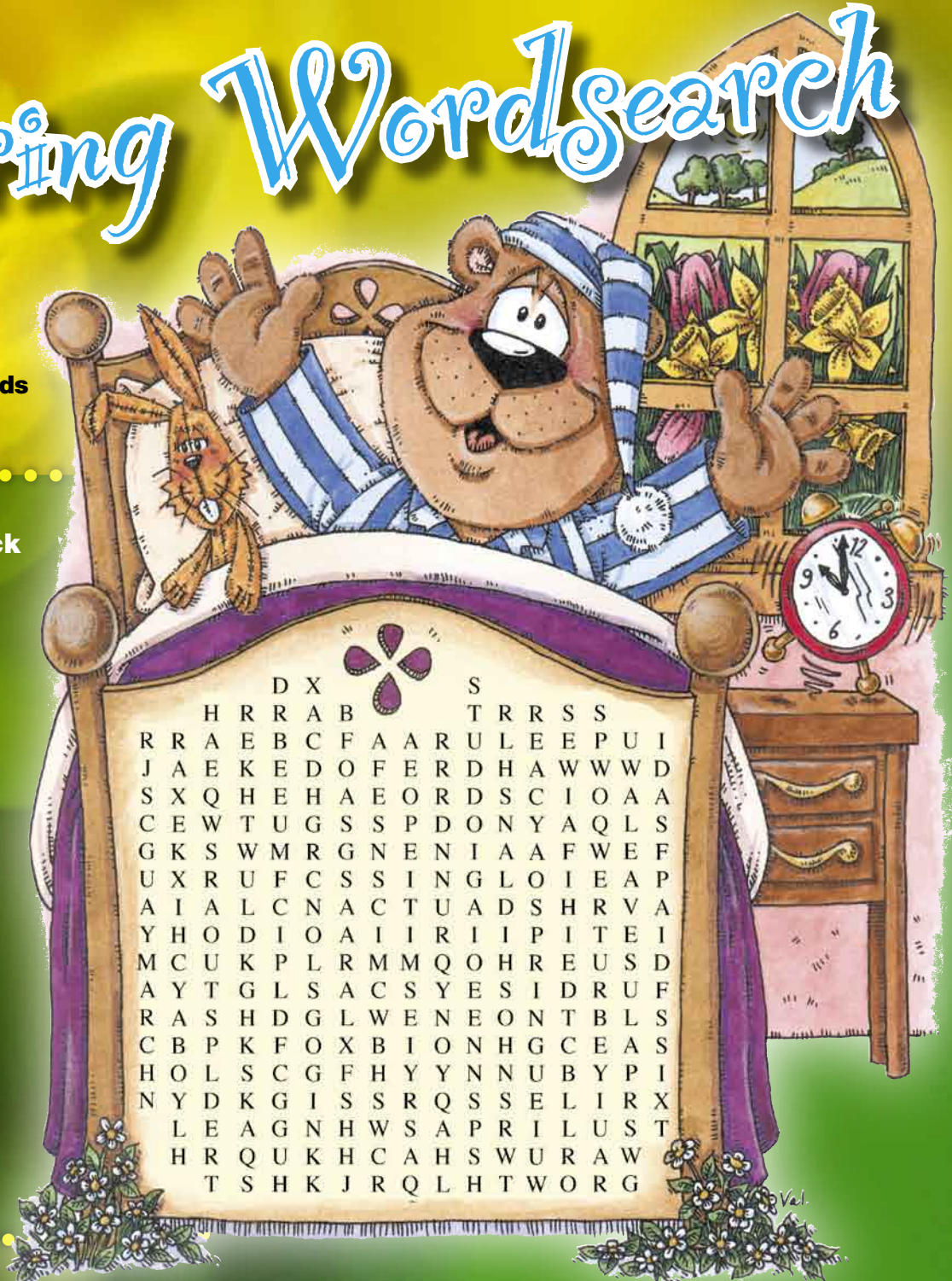
It smells of mouth watering chicken, sweet
chocolate cake and delicious hot pizza.
The smell of rubbish is disgusting.

by Mustafa Hussain, 9

Spring Wordsearch

**You must find
the following words
in the square:**

**Alarm Clock
April
Bear
Bunny
Catkins
Chicks
Crocuses
Daffodils
Eggs
Flowers
Growth
Leaves
March
Season
Spring
Sunshine
Trees
Tulips**



HEARTS FOR ALL

A unique venture that will bring sport and activities to young people in Canning Town has been opened by Dame Kelly Holmes.

A large refurbished shipping container full of sports equipment, named the HEARTS (Health, Exercise, Activity, Recognition, Training, Sport) project aims to bring a range of activities to youngsters, diverting them from inactivity, ill health and boredom.

The facility in Fords Park will be staffed by youth workers, who will organise tailored sessions covering traditional, novel and dynamic sports activities. Sporting activities include football, netball, basketball, cricket, tennis, badminton, table tennis, rounders, boxing, circuit training and rugby. Informal equipment includes giant Connect 4, Jenga, stilts, juggling balls, skipping ropes, exercise mats and light exercise weights, hoops and frisbees.

Dame Kelly was joined by Young Mayor Zuhayb Ahmed and young people from Canning Town for a ribbon cutting ceremony.

She said: "We need to engage young people, particularly those in deprived areas. Sport and physical activity have an amazing and positive impact on young people and this project will bring sporting activity and fun to the youth of Canning Town – which can only be a good thing."

The project was introduced after consultation with the local community to ensure it was a facility that was needed, wanted and that

would be put to good use.

The programme will operate sessions on weekdays from 5.30-9pm with daytime sessions on Saturdays and Sundays. The newly improved Fords Park and the multi use games area will be used extensively as part of the project, facilitating evening and winter activities.

Zuhayb Ahmed said: "The HEARTS project is an excellent way to engage with young people in the Canning Town and Custom House regeneration area and provides improved access to sports activities.

"The community sports coach that the council introduced has been instrumental in encouraging young people to become active. As they are getting the taste for sports and fitness activities, youngsters are now telling us they want to see more taking place. This project and the new sports container will hopefully go some way in meeting their needs."

The container was a joint venture between the East London Business Alliance (ELBA), London Youth and the council.

The Youth Achievement Awards will ensure that young people who become involved in the project are recognised for their new skills, which will increase their employability and enhance their personal growth and self-esteem. There is also the possibility of obtaining coaching qualifications for young people, enabling them to seek employment in the future.

For more information contact Obi Oniah on 020 8430 6628.



WHAT'S ON?



8 – 22 MARCH

ALL LIBRARY LISTINGS

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.
Beckton Globe Every Friday 10-11am
Canning Town Every Monday 10.30-11.30am
Custom House Every

Tuesday from 10.15-11.15am

East Ham Every Wednesday 2-3pm
The Gate Every Friday 11am-12noon
Green Street Every Thursday 10.30-11.30am
Manor Park Every Thursday 10.30-11.30am
North Woolwich Friday 14 March 11am-12noon
Plaistow Every Tuesday 11am-12noon
Stratford Every Tuesday 11am-12noon and Friday 14 March 2-3pm
Sunday Storytelling – Open to children under five with their parents and carers.
Stratford Sunday 16 March 2-3pm
Little Readers – Open to children under five with their parents and carers.
Stratford Every Wednesday 1.30-2.30pm
Crafts Club – Open to children under five with their parents and carers.
Manor Park Every Tuesday 10.30-11.30am
Crafts & Computer Club – Open to children under five with their parents and carers.
Stratford Every Monday 10.30-11.30am
Toy Library – Open to children under five with their parents and carers.
Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm

East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon
Messy Play – Open to children under five with their parents and carers.
Beckton Globe Tuesdays during school term 1.30-2.30pm
Imaginative Play – Open to children under five with their parents and carers.
East Ham Friday 14 March 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.
East Ham Monday 17 March 6.15-7.45pm
Stratford Monday 10 March 6.30-7.30pm
Tamil Reading Group – Discover more about the range of books available in the Tamil language.
East Ham Wednesday 12 March 11am-1pm
Women-Only Urdu Reading Group – Read novels, short stories and poetry and enjoy the delights of the Urdu language.
The Gate Tuesday 11 March 5.30-7.30pm

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.

Beckton Globe Every Tuesday 9.45-11.45am

YOUNG PEOPLE

Homework Club – Homework support and advice for young people aged seven to 14. School term only.
Beckton Globe Every Tuesday 4-6pm
Canning Town Every Saturday 10am-12noon
Custom House Every Saturday 10am-12noon
East Ham Every Monday 4-6pm
The Gate Every Thursday 4-6pm
Green Street Every Tuesday 4-6pm
Manor Park Every Saturday 10am-12noon
North Woolwich Every Thursday 3.30-5.30pm
Plaistow Every Thursday 4-6pm
Stratford Every Monday 4-6pm
Children's Games Club – Board games and activities for children aged five to 12.
Canning Town Thursdays 13 and 20 March 4-6pm
Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.
Custom House Every Tuesday 3.30-5.30pm
East Ham Every Tuesday 3.30-5.30pm

LIVE
LIFE



Manor Park Every Thursday 4-6pm
Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.
Beckton Globe Every Monday and Wednesday 3-5pm
Teen Xtra Evenings – Free activities for young people aged 12 to 21.
The Gate Friday 14 March 6-8pm

ALL SPORTS LISTINGS

ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday
 4.30-6pm, eight-19 years
 Drapers Field

Basketball

For ages eight-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Every Monday
 4.30-6.30pm
 Winsor Park
 Every Monday 7-9pm
 Froud Community Centre

Every Tuesday
 5-7pm
 Royal Victoria Gardens
 Every Tuesday
 7.30-9pm
 Plaistow Park
 Every Wednesday
 5-7pm
 Memorial Park
 Every Wednesday
 5-6.30pm
 New Beckton Park
 Every Thursday
 4.30-6.30pm
 Priory Park
 Every Thursday
 5.30-7.30pm
 Barking Road Rec
 Every Friday
 5-6.45pm
 Forest Gate Youth Centre
 Every Friday
 5-7pm
 Lister Gardens Park

Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.
 Every Tuesday
 4.30-6pm, girls 11-16 years
 Sarah Bonnell School
 Every Thursday
 6-8pm, 12-16 years
 Cumberland Sports College
 Every Friday
 4.15-5.30pm, eight-11 years
 5.30-7.30pm, 12-16 years
 Cumberland Sports College
 Every Saturday
 11am-1pm, eight-11 years
 Sarah Bonnell School

Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday
 6-8pm, under-15s and under-14s
 East Ham Leisure Centre
 Every Tuesday
 8-10pm, under-18 and under-16 boys
 East Ham Leisure Centre
 Every Tuesday
 5.30-7.30pm, under-16s and under-15s
 Newham Leisure Centre
 Every Thursday
 6-8pm, under-15 boys
 national league
 Newham Leisure Centre
 Every Saturday
 1-3pm, under-13s and minis
 East Ham Leisure Centre

Cricket

Every Thursday
 5-7pm, eight-to-16 years
 Newham Cricket Club
 Langdon School
 £1 per session
 Every Tuesday
 5.30-7pm, eight-to-19 years
 Score Indoor Complex
 Every Thursday
 4.30-6pm, eight-to-19 years
 Drapers Field

Football

Every Monday
 6-8pm
 Plaistow Park

Every Tuesday
 5.30-7.30pm
 Little Ilford Ball Cage
 Every Tuesday
 5-7pm
 Stratford Park
 Every Tuesday
 5-7pm
 Phoenix Cage
 Every Wednesday
 4.30-6.30pm
 Royal Victoria Gardens
 Every Wednesday
 5-7pm, eight-to-19 years
 Stratford Park
 Every Wednesday
 7.30-9.30pm, 16+ years (£2 charge)
 Score Complex
 Every Thursday
 5-7pm
 Scud Park Ball Cage
 Every Thursday
 6-8pm
 Forest Gate Youth Centre
 Every Friday
 4-5.30pm (term time only)
 St John's Community Centre
 Every Friday
 6-8pm
 Priory Park Ball Cage
 Every Saturday
 10-11.30am, six-to-12 years (£3 charge)
 Drapers Field
 Every Saturday
 2-4pm, six-to-14 years (£3 charge)
 Score Complex

Ascension Football Academy

For more information





please contact Louise on
07841 749292.
Every Saturday
School years R-3:
9.30-10.30am
School years 4-7:
10.45-11.45 am
School years 8-11:
12 noon-1.30pm
£2.50 per child per session
King George V Park

Estates Football and Basketball League

Every Monday
6-8pm, under-14s and under-17s
Score Complex Hard Court
Every Tuesday
5.30-7pm, under-12s
and under-14s
Drapers Field
Every Friday
6-8pm, under-14s and under-17s
Leyton Manor Park

Football and Basketball

Every Monday
4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday
4.30-6.30pm
Ford Park
Every Wednesday
6-8pm
Plashet Park
Every Thursday
4.30-6.30pm

Priory Park Ball Cage
Every Thursday
5.30-7.30pm
Barking Road Rec
Every Friday
5-7pm
Lister Gardens Park
Every Friday
5-7pm
Canning Town MUGA

Multi-Sports

Every Monday
5-7pm, eight-to-19 years
Langthorne Park
Every Monday
5-7pm, eight-to-19 years
Alma Street MUGA
Every Tuesday
4-5pm
Carpenters and Docklands
Centre (term time only)
Every Tuesday
5-7pm, eight-to-19 years
Stratford Park
Every Wednesday
4-5pm
Carpenters and Docklands
Centre (term time only)
Every Wednesday
5-7pm, eight-19 years
The CAGE (Chatsworth Active
Games Enclosure)
Every Wednesday
5-7pm
Stratford Park
Every Wednesday
4-6pm, 10-19 years
Cann Hall Park

Every Wednesday
5-7pm, eight-19 years
Major Road Ball Park
Every Thursday
5-7pm, eight-19 years
The CAGE

Stratford Table Tennis Club

Every Wednesday
6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club

Every Thursday 4-5pm
11-18 years
Eastlea School
Every Thursday 5-6pm
four-11 years
Eastlea School

Stratford Handball Club

Every Monday 3.15-4.15pm
11-18 years
Stratford Secondary School
Mondays 4.30-5.30pm
four-11 years
Stratford Secondary School

Venue Addresses

Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burgess Road, East Ham E6
The CAGE (Chatsworth Active
Games Enclosure) Cruickshank
Road, Stratford E15
Cann Hall Park
Off Cann Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
Carpenters and
Docklands Centre
98 Gibbins Road, Stratford
E15 2HU
Cumberland School

Sports College
Oban Close, Plaistow E13 8SJ
Drapers Field
Temple Mills Lane, off Leyton
High Road, E15
East Ham Leisure Centre
324 Barking Road
East Ham E6 2RT
Ford Park
Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7
Froud Centre
Toronto Avenue
Manor Park E12 5JF
King George V Park
King Georges Avenue
Custom House E16
Langthorne Park
Off Leytonstone High
Road, E11
Leyton Manor Park
Off Capworth Street
Leyton E10
Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue
Manor Park E12
Major Road Ball Cage
Major Road, Stratford E15
Memorial Park
Memorial Avenue
West Ham E15
New Beckton Park Ball Cage
Savage Gardens
Beckton E6
Newham Leisure Centre
281 Prince Regent Lane
Plaistow E13 8SD
Phoenix Cage
Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13
Plashet Park
Woodhouse Grove
East Ham E6
Priory Park Ball Cage
William Morley Close
Upton Park E13
Royal Victoria Gardens
Pier Road
North Woolwich
E16





Sarah Bonnell School
Deanery Road
Stratford E15 4LP
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue
Canning Town E16
Stratford Park
Densham Road
Stratford E15
St John's Community Centre
Albert Road
North Woolwich E16
Winsor Park
Warwall
Beckton E6
020 7474 7244

NON SPORT LISTINGS

COMMUNITY FORUMS

Community Forum **Plant for Life**

Take part in a community planting event –

Custom House and **Canning Town**

Saturday 29 March
12noon-4pm
Canning Town Recreation
Ground, Prince Regent Lane
Custom House E16

Sunday 30 March
12noon-4pm
King George V Park, King
George Avenue, Custom
House E16

East Ham

Sunday 16 March
12noon-4pm

Brompton Park, Masterman
Road, East Ham E6

Community Forum – **World Food Festival**

Savour the tastes of free
cuisine from around the world

Plaistow

Saturday 15 March
12.30-4.30pm
Lister Community School
Sports Hall
St Mary's Road E13

OTHER EVENTS

Pilates at the Hub

Tuesday 11 March
12noon-1pm
£3 waged/£2 unwaged
Contact Laura on 7474 7222
for more information.
The Hub
123 Star Lane
Canning Town
E16 4PZ

Newham Carers **United meetings**

Discussion on carers' issues.
All carers welcome. Travel and
carers' expenses paid – please
bring receipts. Refreshments
provided.

Daytime meeting: 10.30am
– 12.30pm on Thursday 27
March at Grassroots, Memorial
Avenue, West Ham E15 3DB

Nearest tube/rail:
West Ham / 276 bus

Evening meeting: 6pm-8pm
on Monday 31 March at The
Well, 49 Vicarage Lane, East
Ham E6 6DQ

Nearest tube: East Ham then
101 bus or 300 bus stops
outside

Contact Fatemeh (Newham
Carers' Network) on 0208 519
0800 or Barbara (Independent
Support Worker) on 020 7729
0010 to book your place or to
find out more.

Stratford Circus **Brilliant**

Tuesday 11 – Saturday 15
March 10.30am / 1.30pm
(Tue-Fri); 12pm & 3pm (Sat)
A dazzling new show for
3-4 year olds, combining
live music, beautiful lighting,
movement and captivating
imagery.
Tickets: £4

Potted Potter: The **Unauthorised Harry** **Experience**

Tuesday 11 March
12noon-1pm
All the Harry Potter books in
70 minutes. "A winner in every
way" The Guardian
Tickets: £10 / £8

Theatre Square, Stratford,
London E15
020 8279 1015



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For questions about
councillor surgeries or to
find out which ward you
live in, call 020 8430 2000
or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin
Wales at Newham Town
Hall, Barking Road, East
Ham E6 2RP or email
mayor@newham.gov.uk

For information about
Community Forums
freephone 0800 519 4015
or email community.forums@newham.gov.uk

For information about the
2012 Games and how it will
affect Newham, visit www.newham.com/2012Games

To report anti-social
behaviour call Newham's
24-hour hotline on
0800 731 3300

To speak to the editor of
The Newham Mag, call
Anita Plaha on 020 8430
2000 or email newham.mag@newham.gov.uk

FOSTERING



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www.newham.gov.uk



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DLR

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